



Multisystemic Therapy

Multisystemic Therapy (MST) is a family and community-based treatment that addresses the core causes of juvenile delinquency and antisocial behaviors, such as aggressive/violent behaviors, theft and other criminal behaviors, substance use, or chronic school absences. The ultimate goal is to reduce unwanted behaviors by empowering families to create healthier environments using existing youth, family, and community strengths and resources.

Proven outcomes include:

-  Reduced rates of criminal offending, arrests, and recidivism
-  Reduced rates of out-of-home placements
-  Extensive improvements in family functioning

LifeSolutions Counseling Associates is accepting referrals for Central Indiana: **Boone, Clay, Delaware, Green, Hamilton, Hancock, Hendricks, Johnson, Lawrence, Marion, Morgan, Owen, Parke, Putnam, and Shelby counties.**

To refer families for MST, send referrals through KidTraks under **Family Preservation Services**. Contact Teresa Troxell for questions: teresa.troxell@lifesolutionspc.com or 765-404-9790



Services provided by MST therapists include but are not limited to:

- Individualized treatment plans
- Mental health services for youth and families
- 24/7 crisis intervention
- Drug and alcohol intervention
- Social skills training
- Parent skills training
- Educational and vocational support
- Healthy relationship education

Eligibility Criteria

We serve youth ages 12-17 who are:

- At risk of placement out of the home due to their challenging behaviors
- Involved with the justice system or at risk of involvement
- Eligible for Family Preservation Services through Probation or Department of Child Services